**Muscles Screencast support notes**



What cant muscles do? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contraction of muscle pulls on bones to cause movement.

The tough fibre that attaches bones to muscles is known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Agonist pairs Explain using an examples

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Types of contractions

Concentric

Both of these are?

Eccentric

Isometric

What’s the importance of core stability? Name an exercise for core stability

Rotator Cuff muscles